

Sensory Pack: Day Time

When I feel restless I will complete a brain break. I will feel calm when I have finished.

YouTube:

<https://www.youtube.com/watch?v=2UcZWXvgMZE> (Freeze Dance Brain Break)

<https://www.youtube.com/watch?v=wbNAiN8FTfc> (The floor is lava Brain Break)

https://www.youtube.com/watch?v=NwT5oX_mqS0 (Shake your sillies out Brain Break)

<https://www.youtube.com/watch?v=hpLULy-gjyc> (Dancing Robots Brain Break)

<https://www.youtube.com/watch?v=83aUaYQF4NM> (Superman Kid's Party Dance Song)

When I feel fidgety I will complete yoga exercises. I will feel calm when I have finished.

Please see yoga pose green cards.

When I feel overexcited I will use putty. I will feel calm when I have squeezed the putty. I can also use a sensory toy to help.

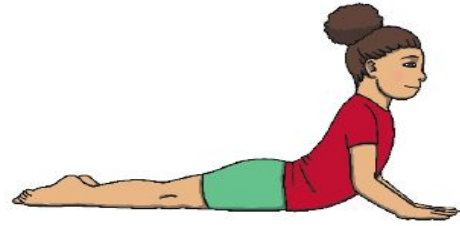
Please see putty recipe or use a sensory toy for example, fidget spinner, stress ball, jelly worm, play dough, resistance band (place on front chair legs- allows child to push down with feet when sitting on a chair) etc.

Quick energy release movements:

- 10 star jumps
- 10 jogs on the spot
- 10 hops
- 10 leaps like a frog
- 10 seconds of running on the spot
- 10 push ups
- 10 bear crawls
- Bounce on a trampoline



tree pose



cobra pose



camel pose



lion pose



warrior pose



cow pose



shoulder stand pose



downward facing dog pose

Sensory Pack: Night Time

Key sleep tips for Parent/Guardian:

- Turn off and remove devices 1 hour before bedtime. (TV, phone, switch, tablet, laptop etc.)
- Turn lights off and close curtains to create a dark environment.
- Open a bedroom window half an hour before bed to create a comfortable, fresh environment.
- Read a bedtime story or encourage your child to complete an activity below.
- Children 3-5 years old should get 10 to 13hrs of sleep (including naps). Children 6-12 years old should get 9 to 12hrs of sleep a night.

Key sleep tips for Children:

When I feel fidgety I will complete night time yoga exercises. I will feel calm and ready to sleep when I have finished.

Please see night time yoga cards.

When I feel restless I will complete a meditation. I will use a pom pom, a cotton ball or a feather to stroke my arm, cheek, neck, back and hand. I will feel calm and ready to sleep when I have finished.

Please use pompom, cotton ball, feather or a soft object like a cloth, fluffy sock, glove etc.

YouTube:

Gentle Instrumentals

<https://www.youtube.com/watch?v=eOzK-QBubbk> (Never Enough Instrumental)

<https://www.youtube.com/watch?v=kG9KSWYg-Jc> (River Flows in You Instrumental)

<https://www.youtube.com/watch?v=qx--1FuqU8I> (Someone You Loved Instrumental)

Meditations

https://www.youtube.com/watch?v=jCmnnGMt_dw (3 Minute Sleep Meditation for Children)

<https://www.youtube.com/watch?v=bvQJNh2rwp0> (Enchanted Forest Meditation Kids)

https://www.youtube.com/watch?v=9_vEZTrmtyA (Time Out Peace Out Meditation)



Yoga Cards

Preparation and Safety

Time Can be adapted to any setting or time frame.

Preparation Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.

Safety Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. Hold each pose for at least two breaths and always change sides when instructed to. Keep breathing, move slowly into the pose, never overstretch and if any pain is felt stop immediately.

Yoga Cards

Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).

Yoga Cards

Frog Pose - Bhekasana

Benefits Tones legs; increases hamstring flexibility.

- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
- 2 Look up and inhale.
- 3 As you exhale, straighten your legs and lower your head toward your knees.
- 4 Return to squatting position, then repeat.

Yoga Cards

Butterfly Pose

Benefits Calms the body and mind, helps relieve stress, headaches and fatigue.

- 1 Begin by sitting with soles of feet together.
- 2 Touch fingers to the side of your head like antennae.
- 3 Gently bounce your knees to flap your butterfly wings.
- 4 Exhale, and slowly lower your hands back to your lap.

Yoga Cards

Cat Cow Pose - Marjaryasana Bitilasana

Benefits Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
- 2 Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
- 3 Exhale, round your back towards the ceiling and look at your belly.
- 4 Repeat.

Yoga Cards

Child's Pose - Balasana

Benefits Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down, and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.

Yoga Cards

Corpse Pose - Savasana

Benefits Calms the body and mind; helps relieve stress, headaches and fatigue.

- 1 Lie down on your back, with arms next to your body and legs slightly apart.
- 2 Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.

Silly Putty Ingredients

Ingredients: corn starch and dish soap.

Instructions:

- Put one cup of cornstarch in a large bowl
- Next, add $\frac{1}{2}$ a cup of dish soap.
- Then mix the cornstarch and dish soap together using a fork.
- (Optional) Add a tablespoon of baby oi/cooking oil and a few drops of food colouring. Continue to mix.
- After, knead the mixture with your hands.
- Finally, take a piece to use and store the remaining putty in a sealed container.

Enjoy!